

INFERTILITY

Our body was designed to reproduce. This design has a very specific and delicate pattern, rising and falling of hormones, signaling to and from the brain, and interdependency amongst a whole family of hormones. When you think about the complexity of the design, every pregnancy is a true miracle. And, when a piece of this design is not working properly, it can stop the whole process and pregnancy will not occur or be sustained. And, this too is a grand part of the design; because if the body is not healthy enough for a pregnancy, should a pregnancy be forced with potent and powerful drugs? There is a natural, healthy, alternative to fertility drugs, and that is to simply rebalance the original design so it is functioning properly.

Testing hormone levels throughout a full menstrual cycle is crucial to determine where this delicate pattern is amiss. Saliva tests are taken every few days during the cycle reflecting the rise and fall of estrogen and progesterone along with the levels of DHEA, testosterone and the pituitary hormones. Often times, there is a disconnect between the pituitary hormones, Luteinizing Hormone and Follicle Stimulating Hormone, called the HP Axis and the sex organs. If the signaling is amiss, ovulation cannot take place. If progesterone is too low, a pregnancy cannot be sustained. These hormones must be working together for everything to come together and a pregnancy to occur and a fetus to develop.

Once the testing is complete, it is apparent where the problem lies. Our body has a very powerful innate drive to function perfectly. We do not need to **make** our body function properly, only to **allow** our body to function properly by giving it the nutrients it needs. I use whole food supplements, herbs and bioidentical sublingual hormones, when necessary.

Having a child is truly the most amazing and wondrous gift in our lifetime. This is a time of joy and love. Know that it is truly possible because we deserve to be healthy, naturally.

For more information: www.NaturalBodyinBalance.com